

September 2023

Sunday 3/09/2023 - Shelley Beach for coffee

Distance 40km, Grade 4 Medium

Start Wyong Bowling club carpark 9am

Cycle the backstreets of Tumbi Umbi and

Bateau Bay. Coffee at Shelley Beach surf club

Leader Paul (LT)

FATHER'S DAY

Sunday 10/09/23 - Bound for Botany Bay

Distance 48km, Grade 5. Medium Start Strathfield Station Meet south side Strathfield plaza, time for coffee before we leave. Ride Cooks River cycleway to Brighton Le Sands for coffee/lunch and return the same way.

Leader – Sue and Steve

Train, Wyong 7.05; Tuggerah 7.08; Gosford 7.27;

Woy Woy 7.38. Arrive Strathfield 8.46

Sunday 17/09/2023 - Warnies for coffee

Distance 40km Grade 4 Medium

Follow the Wyong river to the bike path, through back streets

of Hamlyn Terrace, Gorokan, Mataram Ridge and on to

coffee at Warnervale. Return via Minnesota road.

Leader Glenn (LT)

Sunday 24/09/2023 Ettalong Markets

Distance 35 km, Grade 4. Easy

Start Lions park Gosford 9am

Cycleway to Woy Woy then Booker Bay and on to Ettalong markets for coffee. Return similar route

Leader – Colin (LT)

October 2023

Sunday 1/10/2023 Lakes Beach via Budgewoi

Distance - 50km Grade 5 (LT) Medium

Start Wyong Bowling club carpark 9am

Cycle from Wyong to Gorokan and Bluehaven

Then Budgewoi Lake bike path to Lakes Beach for

Coffee. Home via Canton Beach. Leader - Danny

Sunday 8/10/2023 – Caves Beach Via Fernleigh

Distance 52km. Grade 5. Medium Start 9am Broadmeadow Station. Cycle from Broadmeadow Station along the Fernleigh Track. Then new cycleway to Swansea. Lunch at Caves Beach and return the same way.

Leader – Glenn (LT)

Sunday 15/10/2023 - Hidden Valley

Distance 50km Grade 5 Medium Start 9am Lions Park Gosford back roads to Narara then Ourimbah. Then a peaceful ride out to Hidden Valley. Return to nursery for morning tea via Palmdale and Footes Rd. Then cycle back to Gosford. Leader – Paul (LT)

Sunday 22/10/2023 – Crackneck Cooee with morning tea at Jenny's

Distance 40 km. Grade 4-5 Medium Start Wyong Bowling Club carpark 9am

Cycle to the Entrance then to Bateau Bay. A long climb up to Crackneck Lookout then to Jenny's for morning tea. Return to Wyong via backstreets of Bateau Bay.

Leader Jenny (LT)

Sunday 29/10/2023 – Tuesday 31/10/2023

Away ride to Kempsey. Details to follow.

November 2023

Sunday 5/11/2023- Brisbane Water Circuit.

Distance 48km Grade 5 Medium. Start Gosford Lions Park 9am.

Cycleway to Woy Woy then over the Rip Bridge to Empire Bay and Kincumber. Home via Saratoga and on-road bike lanes at Green Point and East Gosford. A couple of steep pinches. Leader -Colin (LTH)

Sunday 12/11/2023 - Yarramalong for coffee

Distance 40 km. Grade 5 Medium Start 9am Wyong Bowling club carpark

Quiet, peaceful ride to beautiful Yarramalong Valley for morning tea. Return the same way.

Leader – Roy (LTH)

Sunday 19/11/2023 - All the rivers run

Distance 30km Grade 3. Easy Start Wyong Bowling Club carpark 9am

Level ride exploring the waterways around Wyong

Leader – Andrew (LT)

AGM and BBQ lunch at Woodbury Park Hall

Sunday 26/11/2023 Tuggerah Lake Circuit

48kms, Medium, Grade 5 Start- Wyong bowling club carpark 9am. From Wyong we cycle to Chittaway then to The Entrance for coffee then along Wilfred Barrett Drive to Canton Beach, Toukley, Gorokan and back to Wyong (T)

Leader -Michelle

Thursday rides

Umina for coffee easy 9:00 am at Lions Park Gosford (Mason's Pde) or 9:15 Adcock Park - age 18+. Except for;

THE LAST THURSDAY EVERY MONTH The Entrance for coffee

Start Car park on opposite side of Tuggerah Bunnings car park 9.00 am. We will ride Tuggerah to The Entrance cycleway for coffee and return.

T: Some traffic	U: Includes unsealed roads
L: Generally level ride	H: Some hills steeper than 5%

Notes for Riders

Please make sure you bring **helmet, water** and **snacks** on your ride, as well as **spare tube**. Some of our rides are in remote areas and help may not be close at hand if you get hungry, thirsty or have a flat.